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“जानने का अधिकार, जीने का अधिकार”

Mazdoor Kisan Shakti Sangathan

“The Right to Information, The Right to Live”

“पुराने को छोड़ नये के तरफ़”

Jawaharlal Nehru

“Step Out From the Old to the New”

IS 6205 (1982): Stationary Cycle Exerciser for Adults [MHD
10: Medical Laboratory Instruments]

“ज्ञान से एक नये भारत का निर्माण”

Satyanaaranay Gangaram Pitroda

“Invent a New India Using Knowledge”



“ज्ञान एक ऐसा खजाना है जो कभी चुराया नहीं जा सकता है”

Bhartṛhari—Nītiśatakam

“Knowledge is such a treasure which cannot be stolen”



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**SPECIFICATION FOR
STATIONARY CYCLE EXERCISER FOR ADULTS**

(First Revision)

1. Scope — Specifies the requirements pertaining to materials, shape and dimensions, workmanship, finish, and performance of stationary cycle exerciser for the handicapped.

2. Terminology — The nomenclature of various parts shall be as given in Fig. 1 and also as given in IS : 3798-1966 'Glossary of terms used in bicycle industry.'

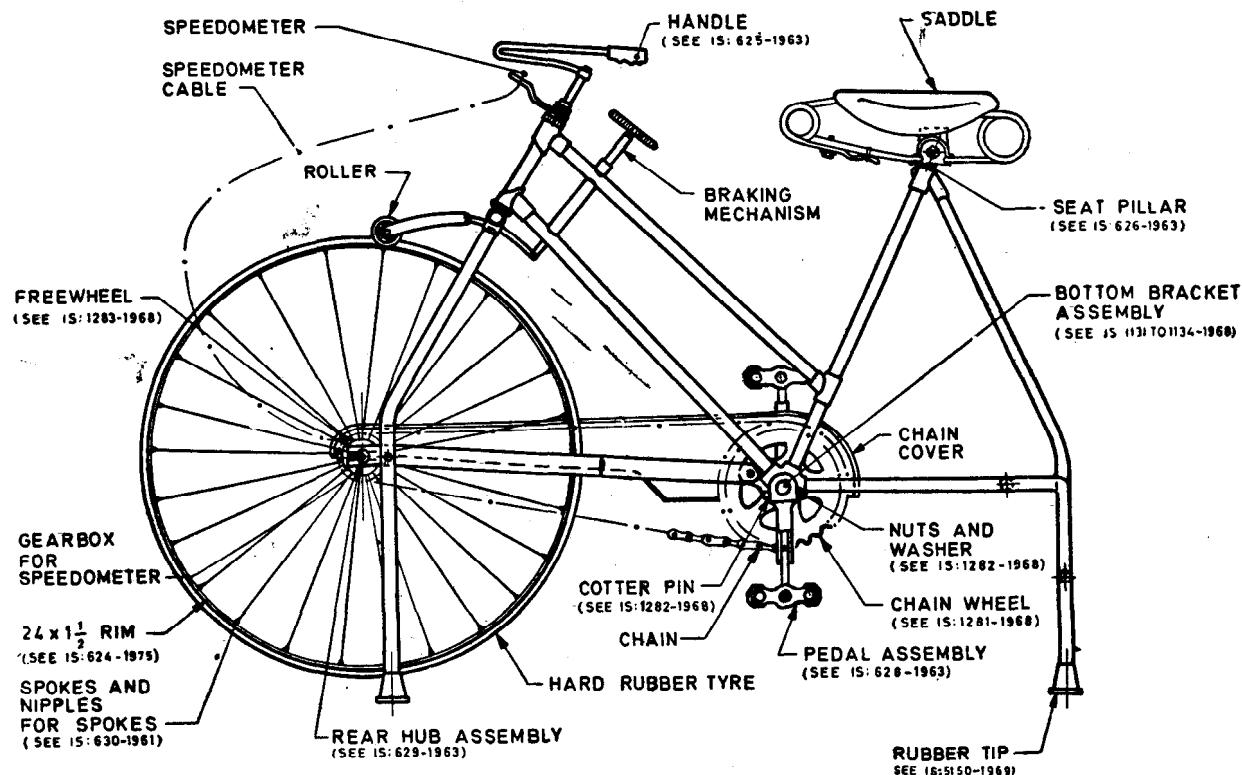


FIG. 1 STATIONARY CYCLE EXERCISER

3. Materials

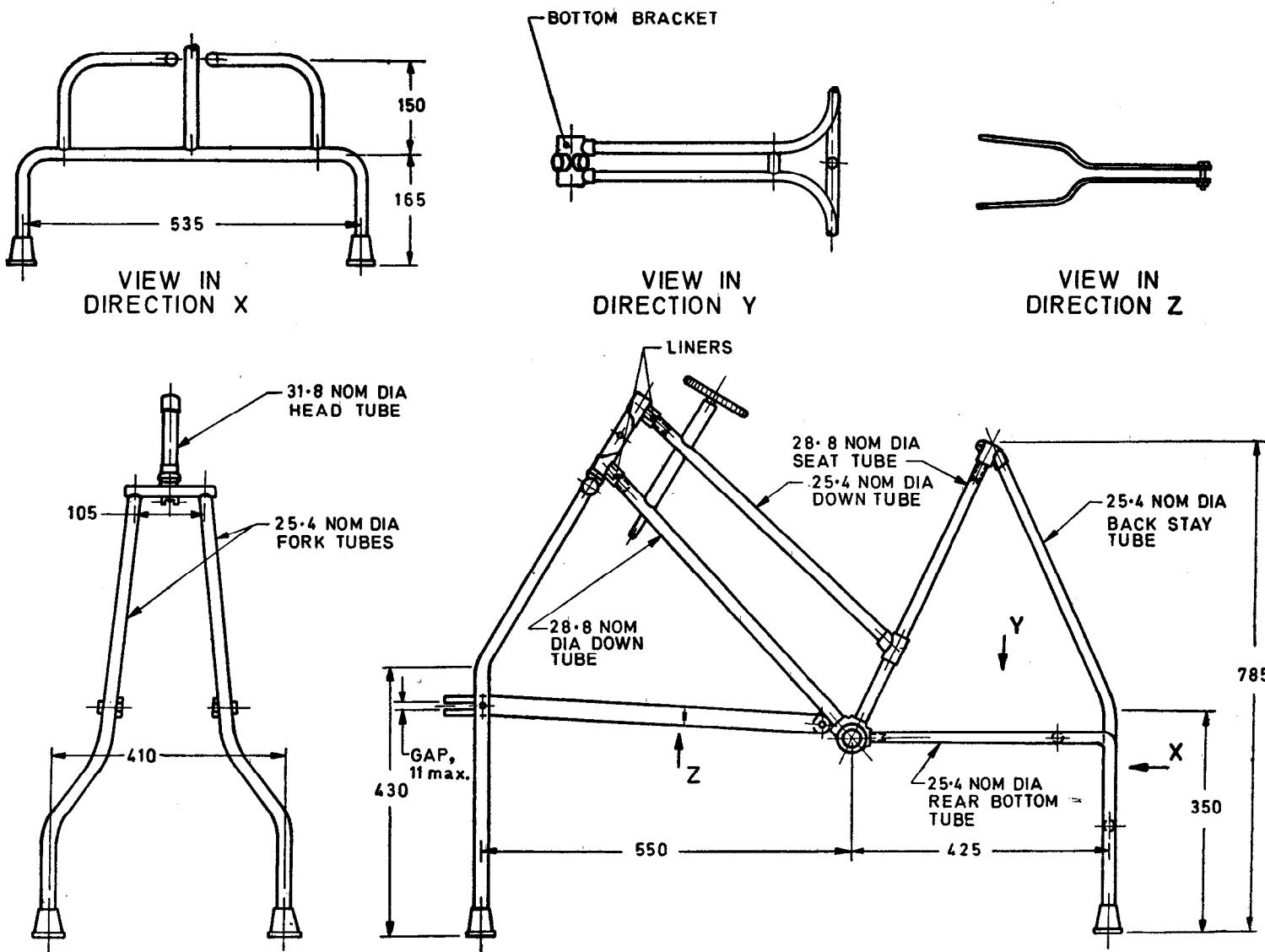
3.1 Tubing — The tubing for frame work shall conform to ERW or CEW quality of IS : 2039-1981 'Specification for steel tubes for bicycle and allied purposes (first revision)'.

3.2 Standard Bicycle Components — For standard bicycle components used in the manufacture of stationary cycle exerciser, reference shall be made to the relevant Indian Standards (see also Fig.1). The list of Indian Standards for bicycle components is given in Appendix A.

4. Shape and Dimensions — General shape and dimensions shall be as shown in Fig. 1 to 3.

4.1 The detailed shape and dimensions of the various standard bicycle components used are not shown in the figures and shall be taken from the relevant Indian Standards.

5. Requirements — The cycle shall be assembled from standard, good quality bicycle components. It shall be of a robust construction. Welding shall be sound. The cycle shall stand firmly on the legs and shall not rock. The pedal crank length shall be adjustable through a range of 50 mm. The braking arrangement shall be capable of giving a uniformly increasing resistance. The leather strap and drum type of resistance shall not be permitted. Various parts, whether plated or painted shall have a smooth shining finish and the paint and plating shall not peel off. The plating shall satisfy the requirements for plating when tested as given in the relevant Indian Standards.



All dimensions in millimetres.

FIG. 2 FRAME, STATIONARY CYCLE EXERCISER

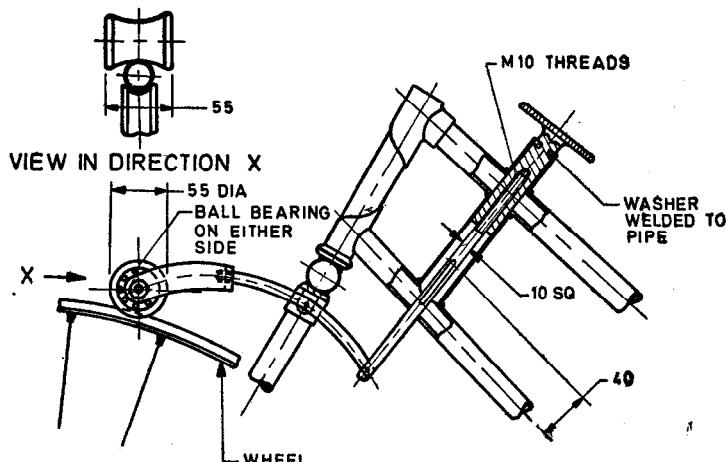


FIG. 3 DETAILS OF BRAKING ARRANGEMENT

6. Tests

6.1 Suspend a 100 kgf load for 5 minutes from the bottom bracket of the frame after supporting it as shown in Fig. 4. The frame shall not be deformed and shall not develop any rock after the test.

6.2 Suspend a 100 kgf load at the bottom bracket by a rope (see Fig. 4) so that the weight is 900 mm below the bottom bracket. Draw the weight by 450 mm perpendicular to the plane of the frame and allow it to swing freely and come to rest. The frame shall neither be deformed or start rocking nor shift its position after this test. The test shall be repeated for 3 times.

6.3 Suspend a 100 kgf load as shown in Fig. 4. Lift the weight up through a height of 50 mm and let it drop. The frame shall not be damaged or start rocking after the test. The test shall be repeated for 3 times.

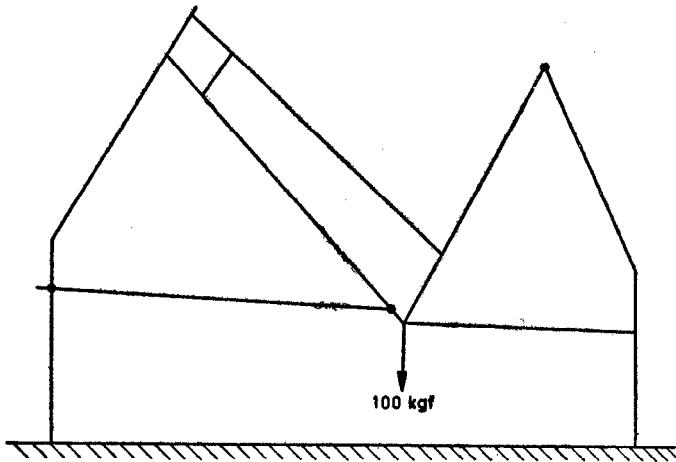


FIG. 4 LOAD TEST ON FRAME

7. Marking — Each cycle shall be marked with the manufacturer's name, initials or recognized trade-mark and the word 'Adult Size' on it.

7.1 ISI Certification Marking — Details available with the Indian Standards Institution.

8. Packing — The cycle shall be packed for delivery as agreed to between the purchaser and the supplier.

APPENDIX A

(Clause 3.2)

INDIAN STANDARDS ON BICYCLE COMPONENTS

IS : 532-1964 Bicycle tube valves (revised)

IS : 623-1963 Bicycle frames (revised)

IS : 624-1975 Bicycle rims (*second revision*)
IS : 625-1963 Bicycle handle bars (*revised*)
IS : 626-1963 Bicycle seat pillars (*revised*)
IS : 628-1963 Bicycle pedal assembly (*revised*)
IS : 629-1963 Bicycle hub assemblies (*revised*)
IS : 630-1961 Bicycle spokes (*plain*) and nipples for spokes (*revised*)
IS : 960-1969 Bicycle rim tapes and buckles (*first revision*)
IS : 1131-1968
 to
IS : 1134-1968 Bicycle bottom bracket assembly components (*axle, adjustable ball cup, fixed ball cup, and lock ring*) (*first revision*)
IS : 1281-1968 Bicycle cranks and chain wheels (*first revision*)
IS : 1282-1968 Bicycle cotter pins, washers and nuts (*first revision*)
IS : 1283-1968 Bicycle free-wheels and chains (*first revision*)
IS : 2061-1962 Bicycle front forks
IS : 2728-1964 Memorandum on screw threads for bicycle components
IS : 2973-1964 Bicycle steering head assembly
IS : 3404-1966 Ladies bicycle frames
IS : 3798-1966 Glossary of terms used in the bicycle industry
IS : 4916-1968 Methods of test for bicycle saddles
IS : 7699-1975 Reflex reflectors for cycles

EXPLANATORY NOTE

This standard has been revised keeping in view the latest development in its manufacturing technology. In this standard various changes have been made in the sizes of the different components as shown in Fig. 1 to 3. The calibration of the braking arrangement has been deleted and the tests specified in 6.2 and 6.3 have been made to be repeated three times.